

Daily Word



FEBRUARY 1993

Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

JAN. 20 to FEB. 19

ILLUMINATION (11 a. m.): My mind is free and open. I listen to the inspiration of the Holy Spirit, and I am illumined.

PROSPERITY (12 noon): I no longer harbor financial worry. I have faith in the free-flowing substance of Spirit, and I am prospered.

HEALING (9 p.m.): My mind and body are unfettered and free. I believe in and express health and wholeness in Christ Jesus.

FEB. 20 to MAR. 19

ILLUMINATION (11 a. m.): I think and speak Truth and I radiate the light of Spirit.

PROSPERITY (12 noon): The quickening power of God's Spirit is active in and through me, and I am bountifully supplied.

HEALING (9 p.m.): The quickening power of God's Spirit is active in and through me. I am filled and thrilled with new life, and made whole.

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DAILY WORD

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DAILY LESSONS FOR FEBRUARY

Bible quotations are from the American Standard Version, unless marked (A.V.), Authorized or King James Version, or (R.S.V.), Revised Standard Version, which is the new edition of the Bible.

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Watch and Pray

SILENT UNITY

“**W**ATCH AND pray” is the essence of the Silent Unity work, for it is our work to keep the watch of faith, to pray with those who need help, to keep our faith centered in the one presence and one power, God, the good. And “watch and pray,” is the thought that we should like to impress on everyone who asks for Silent Unity’s help.

For instance, a man writes that he is dissatisfied with every aspect of his life. If we should say to him, “Watch and pray,” we would mean: watch your thoughts, guard against dwelling on the negation in your life. Be on the alert for the good that God is continually pouring forth for you and keep your mind and heart open to new ways of expressing yourself, new ways for using your God-given abilities, new ways to serve God and man.

And we would say: pray continually for light and guidance. Pray to be shown what it is that you need to do to make your life more satisfying. And pray with a thankful heart to the Source of your being. Give thanks to God even for the dissatisfaction you feel, for this is a sure sign that you

are capable of a finer, better, happier life than you have ever experienced. Watch and pray.

To the woman who writes: "I have few friends and almost no social life. I still want to get married," our answer, in brief, might be, "Watch and pray." What is this woman who feels friendless and unhappy to watch for? Silent Unity would tell her to watch her thoughts, her feelings, her attitudes toward herself and others. No one needs to be friendless or alone, but sometimes without his consciously realizing it a person shuts himself away from others; he allows himself to become self-centered; he allows himself to feel sorry for himself; he withdraws from other persons, while longing at the same time for friendship and love. When a person wants more happiness and love in his life the first thing he needs to watch is his own beliefs about himself. Does he think of himself as a beloved child of God? Does he feel that he is important to God, that he is important to the world? When he begins to look at himself in a new light, when he remembers that he is beloved of God he is able to rise above self and to express the divine qualities that God has implanted in him. When he expresses his divine self he has so much to give that he attracts the persons and experiences that need his blessing and that can bless him in return.

To the one who writes us because he is deeply troubled about a dear one, we can say, "Watch and pray." The first responsibility of anyone who asks prayers for someone else is to watch his own thoughts concerning the other person. So we tell those who ask prayers for others not only to pray for their help and guidance but to keep their own minds free from thoughts of despair or criticism. We ask them to keep the vigil of faith, to keep the watch of Truth, to think of the other person as God's child, to think of the one they would help as having God's life and intelligence in him. We tell them that whenever they think of the one they would bless to think of him as expressing God's life and intelligence in perfect ways.

To the one who writes us about an urgent healing need, we can give these words as practical advice and help: "Watch and pray." Pray to God for healing, of course, but momentarily watch your thoughts, your feelings, your words, your attitudes. If you affirm, "God is my perfect health," watch that you do not slip back into negative thinking about yourself. Watch what you say about yourself, so that you do not claim sickness and negation for yourself. For instance, when you watch and pray you will not talk about *your* colds, *your* headaches, and so forth. You will

watch that you do not allow the well-intended sympathy of others to make you feel weak or run down. You will stand watch over your thoughts and not allow fearful, weak, or depleting thoughts to remain with you. When you keep the watch of Truth you see yourself as God sees you, whole and perfect in every part. As you watch and pray, the cells of your body will respond to your strong consciousness, and balance and good health will be restored in every part.

To watch and pray means to stay with your spiritual proposition, to stand by in faith, to be alert to God's presence, to wake up to Truth in every part of your being, body, mind, and spirit.

Say to yourself: I will be alive, alert, awake in every part of my being. No matter what my need, no matter what experiences I may pass through, I will "watch and pray." I will stand by the Truth that I know, I will guard against the negative thoughts and feelings that sometimes try to take over, and I will pray in the faith and the assurance that "with God all things are possible," that whatever I need is already mine in Spirit.

"Watch and pray." Watch the nature of your thoughts and feelings and words and pray for a deeper awareness of the truth of your being, for a deeper awareness of your oneness with God, the source, the power, the life itself!

Some Lenten Thoughts

CLARA MAY ROWLAND

THROUGHOUT the church world during the season of Lent people strive to become better Christians, and this season of fasting and prayer means much to all of us if we enter into its observance in the right spirit.

Some church people get so far down in a state of penitence during Lent that they cannot possibly rise into a happy resurrected state of mind by Easter. But let us, as Truth students, be joyous during this Lenten season and inspire others to be joyous also.

We find such words as these especially associated with Lent: sacrifice, renunciation, self-denial, atonement, and penance. However, these words are not so forbidding as they sound at first. We should not look upon the Lenten season as a forbidding one or a sad one. It should not make us unhappy to give up what is not for our benefit.

When we give up a bad habit we are not losing anything. We are merely getting rid of something that retards our progress. There is nothing about this to make us sad!

If a person has a tendency to gossip, to say ugly, unnecessary things about a friend, if he is

deceitful in his attitude or dishonest in his dealings, renunciation of such practices is surely good.

In metaphysics we daily practice renunciation through denial and affirmation. We deny that which we do not desire in life and claim that which we do desire. Renunciation is a stronger, more dramatic word than denial, but it means the same thing.

Denial and affirmation are equivalent, also, to fasting and prayer. Fasting is denial, and prayer is affirmation. Fasting does not always refer to abstinence from food, but to abstinence from material gratification of any kind that might hinder spiritual unfoldment. This sort of abstinence is a spiritual means of observing Lent.

Lent is a time of self-discipline, and members of some churches find it expedient to restrict the physical appetite and to restrain mental impulses and tendencies. Doing this does not bind us in any way, but brings us greater liberty as sons of God.

If you have been eating too much, Lent is a good time to restrain your appetite, through prayer first, of course. If you have a bad temper, Lent is the time to restrain your impulse to "fly off the handle." If you have a tendency to nag, to criticize, or to find fault, Lent is a good time to give up the habit and to improve your disposition.

Each of us has something he needs to improve

upon. Lent gives us opportunity to be honest with ourselves. It is a time of self-discipline, through which there is nothing to lose or be sad about but everything to be gained. We never let go of anything unworthy of us without immediately making room in our minds and hearts for some better things to enter in. Denial of the personal self brings us into greater unity with the divine self—God—and that is what we desire.

We all want greater freedom as sons of God. The self-indulgent man is really a slave to his desires. Only he who is master of his desires and impulses is free.

The churches speak of the mortification of sight, the mortification of hearing, and the mortification of the tongue—that is, the disciplining of these faculties.

Here is a prayer that will help us to watch these things: "Through the Spirit of truth within me I know, see, hear, and speak only Truth."

During Lent let us reconsecrate our eyes, our ears, and our tongues to Truth. If we have observed wrongly, if we have been seeing with the "double" eye, let us see Truth. If we have been listening to idle tales and criticism of others, let us commence to hear only the Truth, only that which is constructive and uplifting. If we have been speaking disparagingly of our neighbors and fel-

low workers, if we have talked about sickness, poverty, and inharmony and thought of these as realities, let us commence to speak Truth.

We cannot do this through the personal will, but we have the help of the Spirit of truth within us. Especially is this true at Lent. For Lent is a period of prayer and spiritual preparation. There is a spiritual power at work during Lent that backs us up in our desire to overcome.

Through the Spirit of truth within us we see everyone as radiant, all-glorious, beautiful, free sons of God, unfettered, unbound, triumphant, rising perfectly out of every trial. What wonderful things there are to see when we see with the single eye of Truth!

Through the Spirit of truth within us we hear glad tidings of good. We hear of people healed, people prospered. We hear the message God has given to us, because our ears no longer want to hear ugly things about anyone. We hear celestial music and we feel in tune with it, because our ears are tuned to hear infinite harmony.

Through the Spirit of truth within us we are able to speak the word that brings forth health, happiness, and prosperity. We are not lending our tongue to negation, criticism, or faultfinding. We are speaking words of Truth.

Jesus said, "If any man would come after me,

let him deny himself, and take up his cross, and follow me." Let us deny the claims of the personal man, overcome his sorrows and shortcomings, and follow the Christ.

This is the purpose of Lent: To permit us to reconsecrate and rededicate ourselves to the will and the work of Jesus Christ; to permit us to gain freedom from bondage to the personal man and to triumph in the liberty of the sons of God.

"We come to Thee, O Lord, in silent prayer;
Our hearts to Thee, Our hearts to Thee,
Are open now. Amen, Amen."

Some Facts about Lent

The word *Lent* comes from the Anglo-Saxon word for spring, which is derived from a verb meaning "to lengthen." Lent comes in the spring, when the days become noticeably longer.

This annual season of fasting, prayer, and penitence has been observed by the western church since the first century after Christ, although it has not always been forty days long. In more recent times it has been kept forty days, after the example of Moses and Elijah, and above all to commemorate the forty days of fasting and prayer that Jesus spent in the wilderness.

The first day of Lent is called Ash Wednesday from the custom that prevailed in the early church

of sprinkling ashes on the heads of penitents on the first day of Lent in token of repentance for sin.

Ash Wednesday comes forty-six days before Easter. There are six Sundays in Lent, but they are not considered part of Lent because in the western church Sunday is always a feast day. The forty weekdays following Ash Wednesday constitute Lent.

The last week of Lent is called Holy Week. It includes Palm Sunday, Maundy Thursday, and Good Friday.

Palm Sunday, the Sunday before Easter, commemorates Jesus' entrance into Jerusalem when the people strewed palms in His way.

Maundy Thursday, the Thursday before Easter, commemorates the event of the Last Supper.

Good Friday, the Friday before Easter, probably known originally as God's Friday, commemorates the crucifixion of Jesus.

Easter Day, of course, commemorates the Resurrection. The word *Easter* comes from the Anglo-Saxon word *Eastre*, the name of the goddess of spring, in whose honor a festival was celebrated each April. Easter Day always occurs on the first Sunday after the full moon that occurs on or after March 21. If the full moon falls on a Sunday, Easter is the next Sunday. Easter can never occur earlier than March 22 or later than April 25.

Sunday

FEBRUARY 1

I AM GLAD TO BE ALIVE. I AM GLAD THAT IN GOD I LIVE AND MOVE AND HAVE MY BEING.

I ENJOY life. I enjoy everything that is good. I enjoy my spiritual studies. I do not meditate and study with tense seriousness but with relaxed joyousness. I enjoy overcoming all the challenges in my life, even as the athlete enjoys the healthy competition of sports. I enjoy using the Truth I know and I enjoy seeing it work unfailingly in my life and in the lives of others.

I enjoy the world about me and all its varied activities. I learn to look on the constructive side of life, so that I never lose the proper perspective when seeming tragedies occur. I enjoy seeing the unfolding pattern and plan of God, even when appearances seem to the contrary.

I enjoy the company of other persons, the sharing of thoughts, and the sweet communion of friendship and love. I enjoy music, art, and literature. I enjoy eating, resting, and working.

I am glad to be alive; I am glad that in God I live and move and have my being.

✿ *O taste and see that the Lord is good!*—PSALMS 34:8 (R.S.V.).

FEBRUARY 2

Monday

LET THERE BE PEACE ON EARTH AND LET IT
BEGIN WITH ME.

IT MAY seem difficult to see wherein our prayers can make any noticeable contribution toward the establishment of world peace. However, each of us has an individual responsibility in making the peace possible.

Our responsibility lies within the realm of our own thoughts. To entertain only loving, kind, peace-giving thoughts helps us to live in peace with our family, friends, and associates. When we carry out the principles of peace in our own world we make an individual contribution toward peace in the world at large.

To let peace begin with us is to let the peace of Jesus Christ find expression through us. We may think of our own prayers as being without much power. But when we realize that through prayer we make contact with the powerful Christ presence within, we see that prayer takes us out of the realm of human power into the realm of divine power. When we pray in the name of Jesus Christ our prayers are powerful to promote peace and the welfare of all mankind.

* *My peace I give unto you.*—JOHN 14:27.

Tuesday

FEBRUARY 3

I TRUST THE HOLY SPIRIT TO ADJUST AND HARMONIZE ALL MY REACTIONS TO LIFE'S EXPERIENCES, AND I AM ALWAYS POSITIVE AND JOYOUS.

SOMETIMES we suffer and are disturbed emotionally because we think we have lost the love of someone dear to us. But so long as we are willing to let God's love express itself through us, we cannot lose love.

Even if we fail to receive love from a particular person, we should never forget that God loves us and that our happiness and our peace are established in Him. As we open ourselves to God's love, as we express God's love, we shall attract to ourselves happy and enriching experiences.

When we feel hurt or disappointed the adjustment that we need to make is an inner one. It has been said that time heals all wounds. But we should remember that it is not time that does the healing but the Holy Spirit working in and through us. We do not have to wait for time to pass in order to be happy again. We can be happy right now!

✿ *This is the day the Lord has made.*—PSALMS 118:24 (R.S.V.).

FEBRUARY 4

Wednesday

CHRIST TRANSFORMS GRIEF INTO PEACE AND
GIVES ME COURAGE TO GO FORWARD.

WHILE IT is not easy to overcome grief and sorrow or to make unexpected changes in life, yet we can do anything through faith and prayer.

Day by day we can lay hold of the power of Spirit within and rebuild our lives. Courage and strength are built into our lives as we occupy ourselves with the tasks at hand, as we live momentarily in the awareness of His love and care.

If we are called on to make changes in our lives, if we have to travel a pathway that is new to us, we need not despair of our ability to do so. Christ is with us, even as He promised, and with His help we cannot fail.

With the knowledge that Christ is with us wherever we go, in whatever we do, that in Him is the answer to whatever we need to know, we go forward with courage. Our grief is transformed into peace of mind, our doubt into tranquillity of spirit.

Christ, on whom we depend, is with us.

✠ *I will not leave you desolate: I come unto you.*
—JOHN 14:18.

Thursday

FEBRUARY 5

I USE MY ENERGIES AND ABILITIES THIS DAY
TO ESTABLISH GOOD IN MY LIFE.

I GREET this day with joy and thanksgiving, for it offers me opportunity to begin again. If yesterday I did not achieve the goal I set for myself, I do not dwell on past failures but use the knowledge I have gained from them as steppingstones to help me in this present moment.

I prepare the way for a happy, successful day by becoming still and turning my thoughts Godward. In this quiet time I send forth my messengers of faith, hope, and love to prepare the way for me.

I am strengthened, renewed, and confident. I have faith in my ability to do easily and perfectly whatever is before me.

I use my energies and abilities this day to establish good in my own life and in the lives of others. My day goes smoothly and happily. I am filled with a sense of happiness and achievement, for I have prepared the way for a good day by my faith and prayers.

*Behold, I send my messenger before thy face
Who shall prepare thy way.*

—MARK 1:2.

FEBRUARY 6

Friday

IN EVERY SITUATION I LET MY FAITH IN THE TRIUMPHANT POWER OF TRUTH RULE MY THOUGHTS AND ACTIONS.

IN A situation when there seems to be an injustice it never helps to become angry. No one can think clearly or contribute anything harmonizing to a situation when he is wrought up and revengeful.

To handle what seems to be an unjust situation in a right way it is necessary to give ourselves time and opportunity to view it objectively, to think about it with a clear mind, with a mind filled with faith in the triumphant, all adjusting power of Truth.

We can trust the spiritual law, the undeviating law of God that equalizes and balances all things, to bring about justice in any situation. To establish justice, we need to keep our faith centered in Truth, we need to keep our attitudes constructive, our words harmonious, our feelings controlled and peaceful.

Our good is established in God. Our own comes to us from God, and nothing can keep it from us.

♣ *Mercy and truth shall be to them that devise good.*
—PROV. 14:22.

Saturday

FEBRUARY 7

I AM FREE, FOR GOD CREATED ME FREE. I ACCEPT AND EXERCISE THIS FREEDOM.

GOD gave each of us freedom of choice, and we are free to decide whether we shall actively assert our freedom or submit to habits of thought and feeling that dissipate our energies and deprive us of the satisfaction and happiness we long for.

We may feel that we are bound by circumstances, that we are restricted by the persons with whom we live or work. But we are not bound in our minds. We are free to think what we will. We can always change our own thoughts and feelings. And it is what we think and what we feel that are important to us in terms of happiness and accomplishment.

We can choose to meet life with poise and willingness to understand and to co-operate rather than with anger and rebellion. We can choose to be friendly and helpful rather than withdrawn and suspicious. We can choose to know the joy of faith and participation rather than the bondage of fear and rejection. We are free, for God created us free.

♣ *Ye shall be free indeed.*—JOHN 8:36.

I PRAISE AND GIVE THANKS THAT THE
STRENGTH AND POWER OF THY SPIRIT NOW
RESTORE ME TO HARMONY AND HEALTH.

CHARLES Fillmore was a great believer in the power of praise. He said: "Let your words of praise and thanksgiving be to Spirit, and the increase will be even greater than when they are addressed to man. The resources of Spirit are beyond our highest flight of imagination. You can praise a weak body into strength, a fearful heart into peace and trust, shattered nerves into poise and power. . . .

"It is an easy matter to give thanks for what we have already received, but it is not so easy to give thanks for what we expect to receive. However giving thanks in advance brings to pass a present expectation."

You can use the power of praise and thanksgiving to restore your body to health and harmony. You can rid your mind of all fear and become peaceful, poised, and serene as you praise and give thanks to the Spirit of life within you.

*Because thy lovingkindness is better than life,
My lips shall praise thee.*

—PSALMS 63:3 (R.S.V.).

Monday

FEBRUARY 9

I LIVE IN PEACE AND HARMONY AS I EXPRESS THE LOVE OF GOD THAT IS IN MY HEART.

THE WAY to live in peace and harmony is to express the love of God that is in our hearts, the love that transcends all differences. The expression of love is essential to harmony on every level of life—in the home, the office and shop, the neighborhood, the community, the nation, the world.

When we express the love of God we try to understand the needs of others; we try to be of as much help to them as possible. We should not sacrifice our own individuality for others, but we should give the same interest and consideration to the aspirations of others that we want for ourselves.

As we concentrate upon developing the ability to express the love of God that is in our hearts, we find that we no longer feel unhappy or disturbed by persons or situations. Even though we may not be in full agreement with another, as we express the love of God, differences are overcome, and peace and harmony reign.

• *Beloved, let us love one another.*—I JOHN 4:7.

I DO NOT MIND OTHER PEOPLE'S BUSINESS
OR GOSSIP ABOUT THEIR AFFAIRS.

TODAY I am going to make a sincere effort to mind my own business. I am going to stop being concerned about the personal lives and affairs of others. I am going to make it a rule to respect the right of every individual to live his life as he sees best.

Every time I am tempted to gossip I shall remember the words of Jesus to Peter, when the latter became overconcerned with the whereabouts of another apostle: "*What is that to thee? follow thou me.*"

There is so much in my own life that requires my constant attention that I have no time to be unduly concerned or curious about the problems and affairs of others; I have no time for gossip.

With God's help, I refuse to think thoughts or enter into conversations or activities that invade the sacred right of another individual to privacy and freedom.

I keep my thoughts centered in God and I give my blessing to all persons. I see each one as a beloved child of God.

• *What is that to thee? follow thou me.*—JOHN 21:22.

Wednesday

FEBRUARY 11

MY WEALTH COMES FROM GOD, AND I AM AN
OPEN AND RECEPTIVE CHANNEL FOR HIS
NEVER-FAILING GOOD.

I KNOW that prosperity begins in my mind,
and as I develop a prosperity consciousness,
I prepare the way for prosperity in my affairs.

I praise and give thanks for the opportunities
that are constantly opening to me, and I give
thanks for the talents and abilities with which
God has endowed me.

I know that He has made me capable and wise.

I know that I can turn to Him at any time for
inspiration and guidance.

I know that working with Him I cannot fail.

Regardless of my particular job, I realize that
as a child of God I have the strength and the
ability to perform it easily and well.

I take time every day to remember that God is
the source of my supply and that He is guiding
me into paths of success and prosperity.

In this realization I go forward renewed and
lifted up.

*For great is his steadfast love toward us;
And the faithfulness of the Lord endures for ever.*

—PSALMS 117:2 (R.S.V.).

Thursday

TODAY I FILL MY MIND WITH HAPPY
THOUGHTS AND I RADIATE HAPPINESS TO
OTHERS.

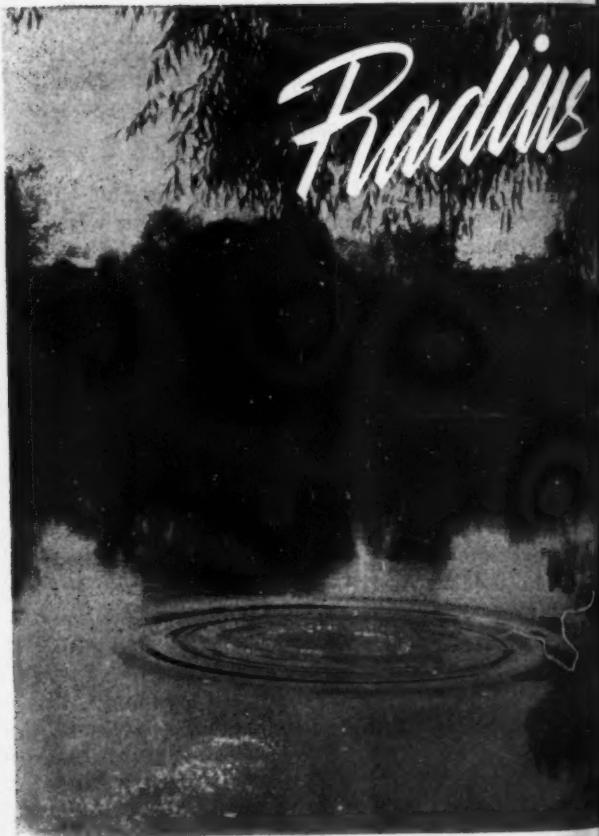
IT HAS been said that happiness is contagious. Surely this must be so, for a person who is happy, cheerful, and joyful is pleasant to be around. He constantly radiates blessings to others.

But the person who is depressed or down in the dumps, many times seems to resist happy thoughts that come his way. He has built up an immunity to happiness through a belief that nothing goes right for him, that a sad life is his lot.

He can never be happy, he feels, unless his life is set up differently, unless circumstances and conditions are changed completely. But this is not true. Any of us can be happy at any time, under any circumstances, for happiness comes from within. Happiness springs from the Spirit of God and is not dependent on persons, conditions, or circumstances.

We can stir up happiness within us as we keep in mind the thought, "Today I fill my mind with happy thoughts and I radiate happiness to others."

✱ *That my joy may be in you, and that your joy may be made full.*—JOHN 15:11.



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R. H. GRENVILLE

Into a quiet pool

I dropped a stone,
So swiftly gone I scarcely heard
The silver tone
As it broke the surface,
Sinking out of sight;
But ripples ringed the place with
coils
Of liquid light.

Into a troubled mind

I dropped a clear
Calm word of Truth,
And none stood by to hear;
But waves of blessing touched
Unnumbered folk,
Silently spreading
From the word I spoke.

Friday

FEBRUARY 13

I MAKE USE OF MY GOD-GIVEN TALENTS, AND
MY LIFE IS HAPPY AND SUCCESSFUL.

IN GOD'S plan there is a place for each of us, and He has equipped us with the necessary talents and abilities to fill this place perfectly.

Our part is to remember that we are children of God and to make use of the divine potentialities He has implanted within us.

You may think that you have no special talent, but each of us has been given the ability to pray, the ability to work, to think, to love, to praise, to bless and to forgive.

Start where you are. Call forth your God-given talents and use them to the best of your ability. It is only as you develop and use the powers that are within you that you experience satisfaction and happiness in life.

You can develop the habit of successful thinking, you can become aware of the talents that are yours, you can move steadily and confidently toward the attainment of your heart's goals. You can be happy and successful, fulfilling God's plan for you.

✿ *Stir up the gift of God, which is in thee.*—II TIM. 1:6.

Saturday

I MAKE LOVE MY AIM, AND EARNESTLY DESIRE SPIRITUAL GIFTS.

SAINTE VALENTINE'S Day is a sentimental holiday, but behind it is a strong spiritual idea—the idea of love.

So this is a good day to think about the real meaning of love. One of the finest definitions of love ever given is found in one of Paul's letters to the Corinthians:

"Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things.

"Love never ends; as for prophecy, it will pass away; as for tongues, they will cease; as for knowledge, it will pass away. For our knowledge is imperfect and our prophecy is imperfect; but when the perfect is come the imperfect will pass away. . . . now we see in a mirror dimly, but then face to face. . . . So faith, hope, love abide, these three, but the greatest of these is love."

* *Make love your aim, and earnestly desire the spiritual gifts.*—I COR. 14:1 (R.S.V.).

Sunday

FEBRUARY 15

I KEEP MY FAITH CENTERED IN GOD'S ALL-
PROVIDING LOVE.

IT IS often difficult to determine the extent of our responsibility for the welfare of others. We are moved by the needs of others and many times feel burdened by them, even when there seems to be little we can do to provide them.

While it is right for us to be considerate of one another and to share our good with one another, we should not assume the responsibility for another's well-being. We need to remember that this responsibility belongs to God, and His all-providing love is equally accessible to everyone. Only God can provide real fulfillment and satisfaction for the seeking heart.

When we realize that we are only to share, not to assume responsibility for another we no longer feel burdened. We give in whatever way we can, but we do not allow ourselves to assume the role of God in another's life. We center our faith in God's all-providing love and know that He will not fail us or those whom we long to help.

✦ *Owe no one anything, save to love one another.*
—ROM. 13:8.

GIVE ME AN UNDERSTANDING HEART, O GOD!

SOLOMON said to God: "I am but a little child; I know not how to go out or come in. . . . Give thy servant therefore an understanding heart."

At times all of us have need to pray, like Solomon, for an understanding heart. In our time of need we feel like little children rather than wise, mature adults.

When you are tempted to strike out at someone with an ugly thought or word, stand still and ask God to give you, instead, an understanding heart, so that you may look at the situation from the other person's viewpoint.

All of us need much understanding and compassion, for we do not always comprehend the whole picture when someone does something that we heartily disapprove of and that temporarily, at least, affects our happiness.

When we sincerely pray for an understanding heart, many new things are revealed to us. Where before there was only the blindness of criticism, now there is light.

✱ *Give thy servant therefore an understanding heart.*
—I KINGS 3:9.

Tuesday

FEBRUARY 17

I RADIATE AND EXPRESS THE ETERNAL YOUTH
OF SPIRIT.

SPIRIT IS ageless and eternal, and the life that is in me is the life of Spirit. Therefore, I am ageless and eternal.

My body is the temple of God; it is the dwelling place of God's life and power. I think of my body as spiritual; I do not limit it with thoughts of old age, inactivity, or failure but keep my mind active and alert. I constantly seek to improve myself.

I do not resist change, I do not resist new ideas or new methods, for I know that to remain young in spirit I must continue to grow and progress. I meet life with joy and enthusiasm and live each moment to the fullest.

God in me knows no error, failure, illness, disappointment, limitation, or lack. I dwell consciously in His presence and I am renewed, strengthened, and revitalized.

I accept and give thanks for my eternal youth and for the challenge it offers to live gloriously, beautifully, and courageously.

☛ *They shall mount up with wings as eagles; they shall run, and not be weary.*—ISA. 40:31.

Wednesday

"WE COME TO THEE, O LORD, IN SILENT
PRAYER;
OUR HEARTS TO THEE, OUR HEARTS TO THEE
ARE OPEN NOW. AMEN, AMEN."

LET US, as Truth students, be joyous during this Lenten season and inspire others to be joyous with us.

We oftentimes find such words as these associated with Lent: sacrifice, renunciation, self-denial, atonement, and penance. However, these words are not so formidable as they may seem at first. We should not look upon the Lenten season as a formidable or sad one. It should not make us unhappy to give up something that is not for our benefit.

Each of us has something in which we need improvement. Lent gives us opportunity to be honest with ourselves. Though it is a time of self-discipline, we have nothing to lose or to be sad about, for we have everything to gain. We never let go of anything unworthy of our highest selves without making room for some better thing to enter our lives and affairs.

* *If any man would come after me, let him deny himself.*—MATT. 16:24.

Thursday

FEBRUARY 19

TODAY, WITH GOD'S HELP, I CONSCIOUSLY REPLACE EVERY UNFORGIVING THOUGHT IN MY HEART WITH DIVINE LOVE.

TODAY I take time to call to mind the person, or persons, toward whom I have a feeling of inharmony. I speak his name silently in my heart and then add, "I behold the Christ in you." I say this not once, but many times, until I feel God's presence within me, until I see His presence within the other person.

I remind myself that just as I am a child of God, so all persons are God's beloved children. I remember that even though a person has done something that offends me, it is my place to forgive, just as God forgives me.

I realize that every soul is in a different degree of unfoldment and that each person acts from his best understanding, even as I act from my best understanding. So with God's help, I let go of every unforgiving thought and keep my vision on the Christ in everyone.

✽ *If therefore thou art offering thy gift at the altar, and there rememberest that thy brother hath aught against thee, leave there thy gift before the altar, and go thy way; first be reconciled to thy brother.—MATT. 5:23, 24.*

I THINK AND SPEAK TRUTH AND I RADIATE
THE LIGHT OF SPIRIT.—UNITY ILLUMINATION
THOUGHT.

WORDS OF Truth are dynamic and they have great spiritual power. When we speak them in faith, with a conviction of their meaning, with an inner assurance that they will accomplish the purpose for which we speak them, they do indeed bring forth wondrous works.

Jesus thought and spoke only Truth, and His words have endured through generations to guide us and to make light our pathway. Through His thoughts and words He radiated the light of Spirit to the degree that even today we are keenly conscious of Him when we repeat His words with faith in their absolute Truth.

Even as Jesus did, we think and speak Truth and we radiate the light of Spirit. We attune our minds and hearts to the realization that God is our Father; that we are His children; that our heritage is infinitely great.

✿ *My word . . . shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.—ISA. 55:11.*

Saturday

FEBRUARY 21

THE QUICKENING POWER OF GOD'S SPIRIT IS ACTIVE IN AND THROUGH ME, AND I AM BOUNTIFULLY SUPPLIED.—UNITY PROSPERITY THOUGHT.

ONE OF the great realizations that comes to us as we grow in spiritual unfoldment is that of the infinite, immeasurable potentialities of Spirit. Spirit is power—power to quicken, power to expand, power to accomplish.

Spirit within us is an unfailing source of boundless energy over which we have dominion, and it is greater than any demand we can make upon it. Spirit within us is the source of rich and dynamic ideas that are ours to use. Spirit, we can readily see, is not only the source of our prosperity but the means we may use to lay hold of it and bring it forth into manifestation as opulence.

The Spirit of God the Father quickens us. We perceive His Spirit guiding us, pointing out for us the new ideas that are ours to grasp, to expand, and to bring into manifestation. As we use these ideas, we are rewarded with bountiful supply.

✿ *He will give the rain for thy seed . . . and bread of the increase of the ground, and it shall be fat and plenteous.*—ISA. 30:23.

THE QUICKENING POWER OF GOD'S SPIRIT IS ACTIVE IN AND THROUGH ME. I AM FILLED AND THRILLED WITH NEW LIFE, AND MADE WHOLE.—UNITY HEALING THOUGHT.

GOD'S SPIRIT IS mighty to quicken, to restore, to heal, and to make whole and well. His Spirit is within you, the source of new life, new strength, new power.

Charles Fillmore says: "If you would demonstrate health, affirm oneness with this healing Spirit and make it a part of your very being."

God is the essence of all-good, the life that is to be realized and expressed as perfect health in mind and body. True healing, therefore, proceeds out of the inner perfection—we behold the perfect pattern of His Spirit indwelling in us; we receive and accept the idea that we can demonstrate this pattern in its perfection, and new life at once begins to fill and thrill us.

The moment that we accept our healing it is accomplished for us in the inner realm of Spirit; the outward manifestation comes according to the measure of our faith.

✦ *The Lord binds up the hurt of his people.*—ISA. 30:26 (R.S.V.).

Monday

FEBRUARY 23

GOD GIVES ME THE INNER STRENGTH I NEED.
HE SUSTAINS ME AND HELPS ME MEET ALL
THE ISSUES OF LIFE.

THERE are times when we are called on to meet experiences that seem beyond human strength, experiences that challenge our faith and courage. But when we have an experience that seems beyond the power of our human ability the Spirit of God rises up within us to give us strength, to give us light in our darkness.

We are never apart from God. We are never left alone with a difficult problem. All feeling of aloneness or despair disappears as we turn to God quietly and affirm, "Thou art with me, my help and strength in every need."

As we think of God, of His presence and power, disturbed thoughts are stilled, and peace comes into our minds and hearts.

Whatever the need, whatever the problem, God is with us at all times, ready to strengthen our faith, to renew our spirits, to lift up our hearts.

God is our inexhaustible source of strength; He is available to us at all times.

✿ *God is the strength of my heart.*—PSALMS 73:26.

I REFUSE TO WORRY OR TO BE DISTURBED.
RELAX IN GOD'S LOVE.

BEFORE the body can relax the mind must take an attitude that releases tension. Soon the body follows the leading of the mind.

When we want other persons to act toward us in a particular way, when we want a situation to evolve into a certain pattern, when we are possessed by vague apprehensions it takes definite effort on our part to turn away from these tension-building thoughts and to yield our minds and hearts to God. It takes willingness on our part to yield our minds and hearts to God's sustaining Spirit, and it takes discipline on our part to accomplish this yielding.

By discipline we mean denial of those thoughts that produce tension and affirmation of thoughts that produce faith.

When tension begins to build up or when we feel the need to relax let us say to ourselves: "I refuse to worry or to be disturbed. I relax in God's love." As we say this over and over, we become consciously aware of the all-infolding, all-protecting love of God.

✿ *Into thy hand I commend my spirit.*—PSALMS 31:5.

Wednesday

FEBRUARY 25

THE LOVE OF GOD WITHIN ME HELPS ME TO ADJUST MYSELF EASILY AND HARMONIOUSLY TO ALL PERSONS AND ALL CIRCUMSTANCES.

WHATEVER may be the conditions in your life today, you can, with the help of God, adjust yourself harmoniously to them. As you turn to God and surrender every thought of inharmony, every feeling of injustice, His love will flow into your heart, and peace will pervade your mind.

Nothing in life can become involved or entangled beyond the power of the love of God to make it right. Conditions may appear distressing or dismaying but when the love of God is invoked order and right adjustment take place.

Your part is to trust the love of God within you to guide you into ways of peace and harmony. Your part is to express the love of God, to express the peace of God, to express the justice of God. Your part is to remember that God's love is within others just as it is within you, that His Spirit is working through you and through all other persons to bring about good.

☛ *To them that love God all things work together for good.*—ROM. 8:28.

TODAY I EXPRESS THE PATIENCE OF CHRIST.

I AM not impatient with my spiritual progress. I remember that my consciousness is in a continuous state of unfoldment, that every moment I am receiving as many spiritual ideas as my understanding can absorb. When I put these ideas into use and prove them new inspiration will be forthcoming.

I am patient with my spiritual unfoldment because I know that the goal I seek is inherent within me. The perfection I desire to express is within my soul as the oak tree is within the acorn. My victory is assured, my expression of this indwelling pattern of perfection is inevitable; therefore I will be patient, as my awareness of it is unfolded moment by moment and degree by degree.

My ideals will be realized only as I learn to live in the present, to apply Truth as I understand it to every situation, and to trust Spirit to guide me in all my ways.

• *And that in the good ground, these are such as in an honest and good heart, having heard the word, hold it fast, and bring forth fruit with patience.—LUKE 8:15.*

Friday

FEBRUARY 27

O LOVING CHRIST WITHIN ME, TAKE PERFECT CONTROL OF MY MIND AND EMOTIONS.

MORE AND more the scientific world is becoming aware that emotions play havoc with man's mind, body, and affairs. Powerful emotions, wrongly used, are found to be the cause of many illnesses and failures of mankind.

While many persons recognize the effect that negative emotions have on their lives and affairs, they do not know how to control their emotions or what to do about the way they feel and react.

Sheer will power does not quiet stormy emotions; nor does repressing them solve the problem. The way to live with our emotions peaceably, to direct them into right avenues of expression, to turn them into energy for good rather than destruction is to give control to the Christ in us.

We may ask how we are to give control to Christ. The answer is through prayer. When we feel that we are at the mercy of our feelings and emotions we need only to say silently, "O loving Christ within me, take perfect control of my mind and emotions."

♣ *Even the winds and the sea obey him.*—MATT. 8:27.

I HAVE FAITH IN GOD AS THE SOURCE OF MY SUPPLY, AND THROUGH HIM MY EVERY NEED IS BOUNTIFULLY MET.

WHATEVER our need we can turn to God in faith and prayer and trust Him to supply us with the ideas that will help us to realize the fulfillment of our need. It is not necessary to know in advance how a need is going to be met, but it is necessary to know, before there is any indication of fulfillment, that God is the source of our good, that He works through us to bring forth our supply.

God can open a way when there seems to be no way. Our prayers keep us firm in faith, our prayers keep our minds open to guidance and inspiration, our prayers keep our hearts free from anxiety or fear.

Let us begin this day by denying thoughts of negation and lack. Let us go in prayer to the source of our supply—God within us. Let us give thanks now that even before we ask, our needs are bountifully met by God's all-providing love. Let us be open to divine ideas.

• *My God shall supply every need of yours.*—PHIL. 4:19.

Whatsoever Things Are of Good Report

"Please send me the DAILY WORD for a period of one year. I just happened to pick up some old copies in our Alcoholics Anonymous Club here, and they have helped me to maintain my sobriety and change my way of life.

"Slowly, but surely, I am finding my way back into the light after sixteen years of darkness through alcohol.

"My prayers are being answered and my faith is growing stronger—I thank God for your little books."

E. D. W.

San Antonio, Texas

"It is impossible to express how much the DAILY WORD has meant to me the last few years. I have found help for every problem and sorrow, inspiration and courage, a greater understanding of the Bible, and a clearer realization of the presence and power of God. You are doing a wonderful work."

Mrs. E. T. R.

Anaconda, Mont.

P. S. The covers are beautiful.

This Month IN UNITY



A Book for St. Valentine's Day

The book *Best-Loved Unity Poems* is an ideal valentine gift. First published in 1946, this book is a collection of poems from Unity periodicals that have been especial favorites with readers. Its 181 poems are divided by subject into twelve sections, including poems for all sorts of occasions.

Among the popular authors whose work appears in *Best-Loved Unity Poems* are Grace Noll Crowell, Lowell Fillmore, Myrtle Fillmore, James Dillet Freeman, Hannah More Kohaus, Frank B. Whitney, and Ernest C. Wilson. For easy reference, *Best-Loved Unity Poems* includes separate alphabetical indexes of the poems both by title and by the author's name. Beautiful pen-and-ink drawings by Ilah Marian Kibbey illustrate each section. *Best-Loved Unity Poems* is priced at only \$1 a copy.



An Easter Retreat

With its inspiring message of the Resurrection the Easter

season lifts us above the problems and cares of everyday living and brings to our remembrance the resurrecting power of the Christ. With this thought in mind, Unity School of Christianity will hold its annual Easter Retreat.

The Retreat is for all who are interested in the Unity teaching, and it offers seven days of uplifting meetings. The Retreat is for the purpose of quickening the spiritual nature so that the peace within each individual may find expression in his mind, body, and affairs.



The Retreat is not a part of the Unity Training School Program. No classes will be offered for credit, nor will any written work be required. The Retreat is designed for relaxation of mind and body and for the spir-

itual quickening that is the result of effectual prayer.

Beginning on Palm Sunday, March 29, the Retreat will continue through Holy Week and end Saturday morning, April 4. Students are requested to arrive at Unity Farm on Saturday, March 28. Registration blanks must be filled out and returned as soon as possible. For accomodations, program, and registration blank, write Registrar, Unity Easter Retreat, Lee's Summit, Missouri.

DIRECTORY OF UNITY BOOKS

(These books are \$1 each unless otherwise stated)

FOR BEGINNERS

Beginning Again	Favorite Unity Radio Talks
God a Present Help	God Is the Answer (<i>Dutch or English</i>)
The Great Physician	Lessons in Truth (<i>Italian, English, French, German, Russian, Spanish, Dutch</i>)
How I Used Truth (<i>German or English</i>)	New Ways to Solve Old Problems
Letters of Myrtle Fillmore	Whatever Ye Shall Ask
A More Wonderful You	
Things to Be Remembered	

FOR HEALING

Christian Healing (<i>English or German</i>)	Divine Remedies
Truth Ideas of an M.D.	Jesus Christ Heals
	You Can Be Healed

FOR THE HOME

You and Your Child (*English or French*)

FOR PROSPERITY

As You Tithe So You Prosper (50¢)

Both Riches and Honor (<i>French or English</i>)	Prayer in the Market Place
Prosperity's Ten Commandments	Prosperity
	Working with God

FOR INSPIRATION

Best-Loved Unity Poems	Lovingly in the Hands of the Father
The Household of Faith (\$5)	Mightier than Circumstance
Prayer Changes Things	The Sunlit Way

FOR DEVOTION

Bible, American Standard Edition (\$6.50)

Book of Silent Prayer (50¢)	Effectual Prayer
The Silence (50¢)	Keep a True Lent

FOR ADVANCED STUDY

Atom-Smashing Power of Mind	Christ Enthroned in Man
Have We Lived Before?	Mysteries of Genesis
Know Thyself	Selected Studies
Metaphysical Bible	Dictionary (\$5)
Mysteries of John	Teach Us to Pray (<i>English or French</i>)
Talks on Truth	What Are You?
The Twelve Powers of Man	

FOR CHILDREN

Barky and His Friends—(ages 4 to 8)—Crybaby Kangaroo	
Jet's Adventures—(ages 8 to 12)—Jet and the New Country	
Jet's Choice	
Thank You, God (ages 3 to 8)	\$1.25
Teach Me to Pray (ages 7 to 11)	\$1.25

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI



IN HIS OWN WAY

One hot afternoon Alexander Lake, the writer, was riding a bus across southern California. He overheard the man in front of him say to his companion, "There was nothing specific I could ask God for, so I prayed that He help me solve my problems in His own way. And He did."

Mr. Lake leaned forward, tapped the man on the shoulder, and told him for years he had been collecting stories about answered prayers. The man smiled and then he told Mr. Lake the inspiring story that lay behind the words the author had overheard.

The story, entitled "God Set Them on the Path," tells of a sick child, an abandoned desert shack, some harvester ants, and the great faith that brought these strangely assorted factors together in a pattern for victorious living. It is a truly wonderful story, and you can read it in the February issue of *Good Business* magazine. Don't miss it! And remember, *Good Business* makes a wonderful valentine gift for those whom you wish to remember with something more than just a card. Subscriptions are priced at only \$1 a year.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Keep a True Lent

Unity students have been observing the Unity Lenten program for a number of years, and the need for a new Lenten book has become increasingly apparent—a book that would explain fully and specifically the Unity way of observing Lent. This year, that book has at last been finished, and it will be used for the first time in the 1953 Unity Lenten Program.

Entitled *Keep a True Lent*, the new book is taken from the writings of Charles Fillmore. A wonderful feature of this book is that it contains forty-seven lessons or consecration drills—one for each day of the Lenten period and Easter Sunday. In addition, it includes an important study of the Unity approach to Lent and the Unity way of observing Lent; interesting facts about Lent as a Church holiday; and articles on health, prosperity, and other subjects that will give an excellent foundation for Lenten study.

Keep a True Lent, by Charles Fillmore, is priced at only \$1, and with your copy you will receive at no extra charge a booklet called "The Unity Lenten Program" which is a study guide written especially to accompany this book. Order right away so that you will be sure of having your book and booklet when Lent begins on February 18.



UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Cast Your Net for Prosperity

Jesus once said to His disciples, "Cast the net on the right side of the boat, and ye shall find." These words were meant not only for the Twelve, but for all later followers of Jesus as well. Your mind is a net that is catching thoughts, and as you use your mind in the right way and train it to accept only thoughts of the Christ mind, you are casting it on the right side—that is, you are recognizing that God is the source of your supply.

The Unity Prosperity Bank plan is designed to help you learn to "Cast the net on the right side." Use the coupon below to order your Bank today; the money you save may be used to send DAILY WORD gift subscriptions to your friends.

Unity School of Christianity, Lee's Summit, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three DAILY WORD subscriptions (one year each) listed below:

1. Name _____
Street _____
City _____ State _____
2. Name _____
Street _____
City _____ State _____
3. Name _____
Street _____
City _____ State _____

SENDER'S NAME _____
Street _____
City _____ State _____

Please indicate postal zone number, if cities are so divided. 8-1-33

The Stream of Life

by Martha Smock



Just in time for Easter, here is a new Unity Greeting Booklet. This new booklet takes its title from the first article it contains, Martha Smock's ever-popular "The Stream of Life." This article tells how all of today's problems will be swept away in the ceaseless onward progress of the soul. In addition this new booklet contains other articles and poems by the same author, all of them filled with hope and inspiration.

Other Unity Greeting Booklets that are especially suited for Eastertime:

The Challenge of the Dawn

Daily Resurrections

For Thy Benediction

The Gift of Immortality

God Is Blessing You Now

The Good News

The Land Is Bright

The Mental Equivalent

Preparation for Easter

Sanctuary

The Song of Life

Unity Greeting Booklets are attractively designed with appealing cover illustrations, and they are printed on fine quality paper. Each one contains approximately twenty-four pages and comes with a special Easter mailing envelope that requires only 2 cents postage. The booklets are priced at only 10 cents each, 12 for \$1.



UNITY SCHOOL OF CHRISTIANITY

Lee's Summit, Missouri

Grace

JAMES DILLET FREEMAN

Though God, God only, can create,
I till and weed, and then I wait,
And in the thicket of my thought
Bloom flowers that I never wrought.
I stand in wonder and behold
Beauty I never sowed unfold,
Visions of faith, insights of love,
Truths that I had no forethought of.

Somehow there is in me yet more
Than I myself might settle for,
A faith that brings perfection out
Past my own powers. I have no doubt
One day all unexpectedly
The rose of Christ shall bloom in me.

